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U. S. DEPARTMENT OF AGRICULTURE Office of Information Press Service



WASHINGTON D. C.

RELEASE FOR PUBLICATION
DECEMBER 4, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

HOW TO COOK MEAT

There are only two ways of cooking meat, says the Bureau of Home Economics of the U. S. Department of Agriculture. One is to cook slowly WITHOUT a cover and WITHOUT added water. The other way is to cook slowly WITH a cover and WITH OR WITHOUT added water. Broiling, roasting and frying are done without a cover and without added water. "Boiling" (more correctly, simmering) and stewing are done with a cover and in added water, braising is done with a cover and with or without added water. There are countless variations of all these. But whatever the method, there is one basic rule: Cook meat slowly.

Cook slowly, says the Bureau of Home Economics, because meat is a protein food, and like white of egg, is hardened and toughened by prolonged heating at high temperature. That is the first and fundamental rule.

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The next rule is to select the cooking method according to the kind of meat, the amount of fat and the tenderness of the cut. Broil or roast the tender well-fattened cuts. Braise the less tender cuts, and for that matter braise any meat or any cuts that are not well-fattened, or else "boil" or stéw them. Lean meat of different kinds and cuts is about equally nutritious, and each cut can be made tender and attractive in its own way. But to do this, the cook must select for the right degree of fatness and tenderness, and cook accordingly.

Young animals as a rule make tender meat. Pigs, lambs, and calves are all marketed so young that all the cuts are tender. Pork and lamb are fat enough for roasting and broiling, but veal is hardly ever fat enough for anything but braising.

Beef is from a full-grown animal, and some cuts are much more tender than others, depending on the proportion of connective tissue in the cut. For broiled steak and beef roasts, use only the well-fattened tender cuts. The less tender beef cuts may be made tender by making them into pot-roasts, "smothered" steak, or Swiss steak--in other words braising them--or by making them into one of the many kinds and variations of stews. Or grind the meat, to divide the muscle fibers and connective tissue into tiny bits, and then cook it as if it were tender meat--making broiled hamburger steak, or baked meat loaf, for example. Add fat as needed for satisfactory cooking.

The tender beef steaks are cut from the ~~back~~ of the beef--sirloin, porterhouse, T-bone, tenderloin, club and rib steak. For broiling, have the steak cut thick--an inch or more. Trim off the excess fat, cut the edge in several places to keep it from curling, and wipe off the steak with a damp cloth. To broil by direct heat, grease the rounds of the rack, lay the steak on it, and place it over live coals, or under an electric grill, or under the flame of a gas oven. Brown one side and then turn, with care not to pierce the brown crust. When both sides are browned, reduce the heat and turn the steak occasionally until cooked to the desired stage--rare, medium, or well-done.

To panbroil a steak on top of the stove, brown it on both sides in a lightly greased, sizzling hot skillet, then lower the heat and cook to the desired stage of "doneness", turning the meat to insure even cooking. Do not add water and do not cover. From time to time pour off accumulated fat, so the steak will not fry. A thick steak, after browning, may be finished in a hot oven (450 degrees F.) Slip a rack under the steak in the skillet, and the meat will cook evenly without being turned. A steak 1-1/2 inches thick will probably require about 25 minutes to cook medium rare. But the time to allow for broiling a steak will vary with the thickness of the steak, the degree of heat, and personal preference as to the degree of "doneness".

These same directions for broiling apply to other tender, well-fattened cuts of other kinds of meats.

The tender beef roasts are cuts from the ribs and loin. Place the roast fat side up on a rack in a roasting pan without a cover, and without water. If it is a rib roast that will stand fat-side up, the rack is not needed. As the fat melts and cooks out it will baste the meat. Then see that the oven temperature is right, remembering that the roast should be cooked at moderate temperature most of the time. This will keep the juices in--unless the meat is cooked to the extremely well-done stage. Some cooks prefer the moderate temperature throughout--300 to 350 degrees Fahrenheit. With this oven temperature from start to finish the roast will cook slowly and usually will brown as it cooks.

Other cooks prefer to brown the roast in a hot oven (500 degrees F.) for 20 to 30 minutes, then reduce the oven temperature to very moderate (about 300 degrees F.) and continue cooking slowly until the roast is done. But be sure the oven temperature is reduced soon enough so that the roast is cooked at very moderate temperature most of the time. By this method a two- or three-rib standing roast will probably require 16 to 18 minutes to the pound to be rare, 22 to 24 minutes to the pound to be medium, and about 30 minutes to the pound to be well

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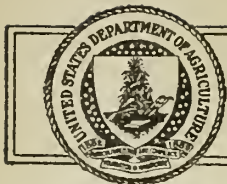
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done. Rolled roasts take longer, so allow 10 to 15 minutes more per pound of roll than per pound of standing roast.

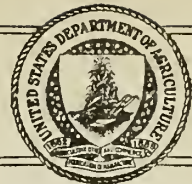
Timing the roast by the pound, however, is not a sure guide, because it does not allow for differences in the meat itself, such as the distribution of fat, proportion of bone, etc. The only way to be sure is to use a special meat thermometer. Insert the thermometer before the roast goes into the oven, and push the bulb to the center of the thickest part of the roast. For beef, cook until the thermometer in the meat reads about 140 degrees F. for a rare roast, 160 for medium, and 180 for well-done. For lamb cook to 180 degrees F., or a little less if preferred. For a fresh pork roast--which must be thoroughly well done--the thermometer in the meat should read about 185 to 190 degrees. For a cured ham, 170 degrees F. is sufficient.

The less tender cuts of beef are chuck, plate beef, brisket, foreshank, and neck, rump roast, round steak, flank, heel of the round and shank. Chuck, rump and heel of the round make good pot roasts. Brown the meat first for rich flavor, then cook slowly in a closely covered pot, with a little water--about half a cup--to start the steam that softens the connective tissue and makes tough meat tender.

Round steak, flank and chuck make good Swiss steak, braised with more added liquid than the pot roast. Or any of these less-tender beef cuts make excellent brown stew, another braised dish. A "lid" of mashed potatoes, or rich biscuit dough over a stew makes a meat pie. Plate and brisket, often called "boiling beef," are generally used in making corned beef.



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
DECEMBER 18, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

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Cereal in porridge or pudding
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Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

CAKES

There is an infinite variety of cakes, but there are really only two great family groups. It is helpful to remember that simple fact, says the Bureau of Home Economics of the U. S. Department of Agriculture, for cakes and cake-making are one of the most complex fields of cookery.

One class, or family of cakes--often called the butter cakes--are made with butter or some other fat. The cup cakes, foundation cake, white cake, chocolate cake, devil's food, pound cake and fruit cake, with all their countless variations, are members of this family. The other class is the sponge family--yellow sponge, angel food, chocolate feather cake, and so on. These cakes are made without fat.

In the so-called butter cakes, the cake mixture is really a rich, sweet muffin batter. It contains the same ingredients--fat, flour, liquid, eggs and leavening--but with more fat, more sugar and more eggs than in muffin batter. All the cakes of this family are made with these same basic ingredients, in different proportions according to the cake texture desired.

A cake recipe must be balanced, however. When the quantity of one ingredient is changed, others must be changed. When something is added, to give a different flavor or texture, the quantities of all ingredients must be checked up with reference to what the new ingredient supplies, using less fat, for instance, if nuts are added to the batter, less flour if chocolate is added, and so on. It is because of the effects of the different ingredients on each other that there are so many cake recipes, despite the fact that the basic ingredients are always the same.

Many cakemakers think of the butter cakes as four types, according to richness -- plain cake, "standard" or "foundation" cake, "rich" cake, and pound cake. The plain cake has least fat--only $\frac{1}{4}$ cup of fat to 1 cup of sugar, $2\frac{1}{2}$ cups of flour, 1 egg, and $\frac{3}{4}$ cup of liquid. Because this cake has so little fat, and dries out so quickly, it is used fresh, oftentimes hot--as cup cakes, cottage pudding, Washington pie or Boston cream pie, and pineapple upside down cake. It is a good batter to use for "surprise cakes" -- little cup cakes with dried fruit, or blueberries, or nuts, in the center. This recipe calls for cake flour, as do the other recipes here discussed--a soft-wheat flour, with weak gluten.

"Standard" or foundation cake, is richer than plain cake--it has more fat, more sugar, and more eggs. The proportions run thus: $\frac{1}{2}$ cup of fat, $1\frac{1}{2}$ cups of sugar, 2 or 3 eggs, $2\frac{2}{3}$ cups of flour, 1 cup of liquid. This batter is a good basis for nut cake, spice cake, or chocolate cake. For chocolate flavored batter, however, the recipe must be changed to reduce the amount of flour, because of the

starch in the chocolate.

"Rich" cake, as some cakemakers call it, is really the old-time cup cake recipe that calls for "one of butter, two of sugar, three of flour, and four eggs", also a cup of liquid. With cake flour, the liquid in this recipe is reduced to $\frac{3}{4}$ cup, so the batter will not be too thin, but with all-purpose flour a full cup is needed. This batter makes a good rich "yellow-batter cake", or, by leaving out the egg yolks, it makes the standard white cake. Made with sour milk and soda instead of sweet milk, and with less baking powder, it is the basis for devil's food cake also.

Pound cake, the richest of all, is made by the old recipe of a pound of each ingredient--butter, sugar, flour and eggs--but there is no liquid in this recipe and no baking powder or soda. Pound cake is leavened a little by the air that is beaten into the eggs and into the batter, which is leavening enough for the typical pound-cake texture.

Fruit cake is pound cake with nuts and fruits added to the batter, and is heavier, of course, because the fruits and nuts do not permit the batter to rise. With the fruits and nuts, this rich mixture retains moisture so well that the Christmas fruit cake may be made weeks in advance and stored away in a tight box to let the flavors blend.

Mixing the batter is, of course, a very important part of the cake-making process. For one thing the ingredients before mixing should be allowed to stand in the kitchen until they are all at room temperature. In the richer cakes, the longest and most careful method of mixing gives the best and finest cake texture, says the Bureau, and that method is: Cream the fat by itself until it is soft. Add the sugar and cream this mixture until it is light and fluffy. Then add the egg yolks, well beaten. Next add the flour--sifted with baking powder and salt--and liquid alternately, a little at a time, to prevent separation of the fat. Beat well after each addition of flour. Fold in the stiffly beaten egg whites last of all, and do not stir after that.

For plain cakes, mix the batter as if for muffins; Melt the fat, mix it well with the liquid and the eggs. Sift the dry ingredients together, and combine the mixtures, stirring until thoroughly blended.

Sponge cakes are a class by themselves because they have no "shortening", and are leavened with air. They are essentially meringues with flour added. There is no fat, and the only ingredients are eggs, sugar, flour and flavoring, with a little acid. For a plain sponge cake, 4 or 5 eggs, 1 cup of sugar, 1 cup of sifted soft-wheat flour, 3 tablespoons of lemon juice, half a lemon rind, grated, half a teaspoon of salt. Separate the egg yolks and whites, beat the yolks and add the sugar, lemon juice and rind, and the flour sifted with half the salt. Add the rest of the salt to the egg whites, beat stiff, and fold into the mixture.

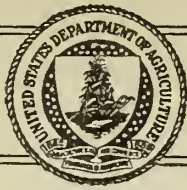
An angel food cake has a little more sugar (1-1/4 cup), the whites of 8 to 10 eggs, a teaspoon of cream of tartar (instead of the lemon juice), and a teaspoon of vanilla. The purpose of the acid is to make the egg whites more extensible, so they will take up more air.

Baking temperature for cakes depends upon several factors and special directions are needed in some cases. Because of their size and shape, cup cakes and most of the layer cakes will bake evenly in a moderately hot oven, about (375 degrees F.), but this is higher than is desirable for loaf cakes, especially those with a good many eggs. For a white cake, baked in a tube pan, a moderate temperature, about (350 degrees F.) is usually best. Chocolate cakes need a very moderate oven (300 - 325 F.) because of the chocolate, and fruit cakes a slow oven (250 - 275 F.) because they are so dense.

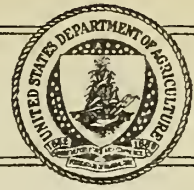
A sponge cake of any kind should bake slowly because it contains so many eggs and the oven temperature should be very moderate (325 degrees F.).

For Christmas time, along with fruit cake, a light cake of some kind makes a good contrast. Lightest and least rich would be a sponge cake or an angel food, with frostings to suit the Christmas table. Another good Christmas cake is a white layer cake with fruits and nuts in the filling, and a smooth white frosting-- Lady Baltimore cake.

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U. S. DEPARTMENT OF AGRICULTURE
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Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
DECEMBER 25, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

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Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

AFTER-CHRISTMAS MEALS

At least two features of Christmas festivity are good for reappearances during the week that follows -- the turkey and the cakes. There may be vegetable left-overs, too -- possibly mashed potatoes, or candied sweetpotatoes, and nearly always there are pieces of celery from the stalks that were served with the turkey dinner. There may be raisins or dates or figs, and, perhaps from Christmas stockings, nuts of one kind or another, which can be gathered up for table use instead of being left for between-meals nibbling. And possibly there is cider. The Bureau of Home Economics of the U. S. Department of Agriculture offers the following suggestions for using Christmas left-overs:

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The turkey will make its first reappearance, no doubt, in cold slices. But the possibilities after that are also interesting. The meat can be picked off the bones in small pieces and made into a most inviting scallop in this way: Mix the meat with stuffing and moisten with gravy or with a broth made from the bones and combined with a little stewed celery. Put the mixture in a baking dish, cover it with buttered bread crumbs, then put it in the oven to heat through and brown nicely on top. This same mixture cooked on top of the stove makes an extraordinarily good turkey hash.

Then there is turkey rizotto, made with rice and grated cheese, or if preferred, just turkey and rice without the cheese. For this pick off the meat and set it aside; then stew the bones in enough water to make about a quart of broth. In a large skillet cook a minced onion for a few minutes in butter or turkey fat if you have it. Add the broth and any left-over gravy that will furnish turkey flavor, and when this liquid boils up rapidly, sprinkle in slowly $3/4$ cup of rice. Cover the skillet, simmer the rice for about 25 minutes, or until the grains swell and become soft. Shake the skillet from time to time to keep the rice from sticking, and if you need to stir it, lift it gently with a fork, so as not to break up the grains. By the time the rice is done it will have absorbed the broth, and the grains will be large and separate. Then add the small pieces of turkey -- a cupful or more -- and salt to taste, and stir in some finely chopped celery and parsley. For turkey rizotto turn the mixture out on a hot platter, and sprinkle generously with grated cheese -- Parmesan or some other cheese that is hard enough to grate.

A curry of turkey with rice is another combination that extends the flavor of the turkey in one of the less usual ways. For this combine small pieces of turkey meat with cooked shredded carrots, in a sauce made with turkey broth, thickened slightly with flour, and seasoned with curry powder and a little onion.

This mixture may be served on a platter with a ring of rice. The dish may be varied by substituting grated fresh coconut for the carrots, or sprinkling the mixture with coconut.

Other good turkey dishes are creamed turkey under a crust of mashed potatoes, like shepherd's pie; turkey chop suey; turkey croquettes; and turkey pie or turn-overs. For the pastry use a very rich biscuit dough, and if there is not quite enough turkey, add some cooked celery to the filling.

Then of course there is turkey soup -- made from the bones plus any last scraps of meat, and cooked with noodles, or macaroni, and perhaps with tomatoes, carrots, onions, okra -- any or all of these.

The left-over vegetables come in nicely when cold turkey is served -- the mashed potatoes made into cakes fried with a crisp brown crust and served piping hot. Sweetpotatoes may be scalloped with apples to add to the quantity, and make a nice dish in any case. If there is left-over celery, it makes a good stew with tomatoes, or with carrots, and thus furnishes a third item in a very good dinner of Christmas left-overs. A casserole of mixed vegetables, creamed and baked with bread crumbs over the top is another good way to use vegetable left-overs too small in quantity to serve separately.

The fruits and nuts that may be on hand are good in a dozen different kinds of salads or desserts. Nuts with diced apples make a Waldorf salad; or nut kernels may be tucked into dates or prunes and served with a ball of cream cheese on crisp lettuce. Or nuts, dates and figs may be ground up together and made into a ball to fill the center of half a canned peach, or a peeled fresh pear that is served on a lettuce leaf often with cream cheese.

With pecans, which are so plentiful this year, there is a chance to make delicious pralines. Make a sirup of 1-1/2 cups of sugar, a little salt, and a cup



of cream. Melt another half cup of sugar slowly in a heavy skillet and stir constantly until caramelized. Into this pour all the sirup at one time, and stir constantly and rapidly. Boil the mixture, without stirring, to the soft-ball stage (about 238 degrees F.). Pour into a flat pan and cool. Beat until it begins to be creamy, and add the nuts -- 1 1/2 cups of pecan meats. Drop by spoonfuls onto waxed paper to form flat, round cakes.

Then for the cakes on hand after Christmas day! Fruit cake, of course, needs only to be served for itself alone as long as it lasts -- which can be a long time because it is moist and keeps well if put away in a tight container. But other cakes dry out quickly, and one way to use them is to serve a piece with a slice of canned peach on top and a sirup poured over the whole. Or with some other sauce -- butterscotch, chocolate, foamy, tutti frutti, or any other fruit sauce.

Any kind of left-over cake can be used in puddings or custards, or in a "betty" with apples or other fruits. For example, substitute cake crumbs for bread crumbs in a bread pudding recipe, using less sugar than with the bread of course. Or put cubes of cake, with custard, in a shallow baking pan. The cake will come to the top and brown nicely in the baked custard.

Finally, spiced cider is something that might be in keeping with some occasion during the holiday week. To make it, use the following ingredients to 1 quart of cider: 1/2 cup sugar, 1/2 teaspoon salt, 8 short pieces of stick cinnamon, 12 whole cloves, 8 whole allspice. Mix the ingredients, cider and all, bring to the boiling point, cool, and let stand for several hours. Reheat, removing the whole spices, and serve hot with sandwiches, cake or cookies.

